

# Octopus



Octopus is a dietary staple of various cultures throughout the globe and it's no wonder. Octopus makes for a healthy meal. 85 grams of octopus have only 140 calories and 1.8 grams of fat. But more than the health benefits, many people simply find them delicious. Octopus can be prepared in a **variety** of ways.

In Japan, octopus (called *tako* in Japanese) are fried, cooked, and even served **raw**. *Takoyaki* is a fried ball of dough surrounding boiled octopus parts. **It** is often served at festivals or as part of the menu in Japanese restaurants. *Sunamono* is a dish that consists of vegetables and boiled octopus blended together and seasoned in a special vinegar-based dressing. Finally, raw octopus tentacles are commonly served on a bed of rice as a kind of sushi.

In Greece, grilled octopus has been a popular dish for thousands of years. The recipe is fairly basic as the octopus is first dried out in the sun and then roasted over charcoal for thirty to forty-five minutes. **It** is then served with lemon for **additional** flavor and washed down with a nice glass of *ouzo*. For a little variety, Greeks will sometimes eat octopus as part of a soup or mixed with tomato sauce. Greek chefs maintain that water should not be used during the cooking process and that the creature is best cooked in its own juices for maximum flavor.

In Central America, octopus *ceviche* is a spicy hot dish. Fresh octopus is chopped up along with serrano pepper, onions, and garlic. These ingredients are mixed together in a small cup or bowl. Tortilla chips or crackers can be used as a crunchy garnish to the dish.



1. According to the article, how many calories are in 85 grams of octopus?
  - a) 85 calories
  - b) 140 calories
  - c) 180 calories
  - d) 410 calories
2. The word “variety” in paragraph 1 could be replaced by:
  - a) brand
  - b) breed
  - c) range
  - d) quality
3. The word “raw” in paragraph 2 is closest in meaning to:
  - a) basic
  - b) unripe
  - c) healthy
  - d) uncooked
4. The word “it” in paragraph 2 refers to:
  - a) Japan
  - b) the menu
  - c) *Takoyaki*
  - d) *Sunamono*
5. The word “it” in paragraph 3 refers to:
  - a) Greece
  - b) charcoal
  - c) the recipe
  - d) the roasted octopus
6. The word “additional” in paragraph 3 could be replaced with:
  - a) extra
  - b) necessary
  - c) remaining
  - d) positive
7. According to the article, what do Greek chefs believe should NOT be used when cooking octopus?
  - a) water
  - b) lemon
  - c) *ouzo*
  - d) charcoal
8. What would be a good title for this passage?
  - a) The dangers of eating octopus
  - b) How octopus is cooked in Asia
  - c) The health benefits of eating octopus
  - d) How octopus is served around the world

Answers: 1. (b) 2. (c) 3. (d) 4. (c) 5. (d) 6. (a) 7. (a) 8. (d)